

## ABSTRAK

Penelitian ini berjudul “Pembelajaran Tari Melalui Stimulus Gerak Burung Untuk Meningkatkan Kemampuan Kinestetik Pada Anak Tunagrahita Sedang Di SLB YPLAB Lembang”. Permasalahan dalam penelitian ini yaitu bagaimana kemampuan kinestetik anak tunagrahita sedang dalam pembelajaran tari dapat ditingkatkan melalui stimulus gerak burung. Tujuan penelitian ini adalah untuk memperoleh data tingkat kemampuan kinestetik anak tunagrahita sedang melalui aplikasi stimulus gerak burung. Metode penelitian yang digunakan adalah metode eksperimen menggunakan rancangan *Single Subject Research* (SSR) dengan desain A-B-A. Proses pembelajaran tari melalui stimulus gerak burung dilakukan sebanyak 3 fase dan 12 sesi yaitu baseline 1(A-1) sebanyak 3 sesi, intervensi sebanyak 6 sesi, dan Baseline 2(A-2) sebanyak 3 sesi. Hasil penelitian dan pengamatan yang dilakukan bahwa kemampuan kinestetik anak tunagrahita sedang dalam pembelajaran tari terjadi peningkatan setelah dilakukannya intervensi stimulus gerak burung. Hal ini terbukti dari hasil pengumpulan dan analisis data dengan cara membandingkan baseline 1(A-1) dan baseline 2(A-2), maka kemampuan kinestetik anak fase baseline 1(A-1) pada aspek koordinasi gerak mean level sebesar 5 point, aspek keseimbangan gerak mean level sebesar 11 point, dan ketepatan gerak mean level sebesar 9 point. Pada fase baseline 2(A-2) kemampuan kinestetik yang mampu dikuasai dalam aspek koordinasi gerak mean level sebesar 11,33 point, aspek keseimbangan gerak sebesar 20,66 point, dan aspek ketepatan gerak sebesar 20, 66 point. Dilihat dari hasil tersebut bahwa intervensi yang dilakukan berdampak positif, maka Pembelajaran Tari melalui Stimulus Gerak Burung Dapat meningkatkan Kemampuan Kinestetik Pada Anak Tunagrahita Sedang Di SLB YPLAB Lembang.

Kata Kunci: *Pembelajaran Tari, Stimulus gerak burung, Kemampuan Kinestetik, Anak Tunagrahita Sedang*

## ABSTRACT

This study entitled "Dance Learning through Birds Motion Stimulation to Improve Kinaesthetic Ability in Medium Mentally Retarded Children in SLB YPLAB Lembang". The problem in this research was how the kinaesthetic ability of mentally retarded children on the dance learning can be enhanced through the birds motion stimulation. The purpose of this study was to obtain the level data on the kinaesthetic ability of mentally retarded children through the birds motion stimulus application. The method used was an experimental method using a Single Subject Research (SSR) with ABA design. The learning process through the stimulus of birds motion dance performed a total of three phases and 12 sessions: baseline 1 (A-1) of 3 sessions, the intervention of 6 sessions, and Baseline 2 (A-2) of 3 sessions. Research and observation result was found that kinaesthetic ability of mentally retarded children in dance was increased after the intervention of birds motion stimulation. The evident was from the result of data collection and analysis by comparing the baseline 1 (A-1) and baseline 2 (A-2), then the children kinaesthetic ability of baseline phase 1 (A-1) on the mean level of motor coordination aspect is 5 points, the mean level of balance motion is 11 points, and the mean level of precision motion is 9 points. At baseline phase 2 (A-2) the capability of kinaesthetic abilities mastered in the mean level of motor coordination aspects is 11.33 points, the balance motion aspect is 20.66 points, and the accuracy motion aspect is 20, 66 points. As can be seen from these results that the intervention had a positive impact, then dance learning through the birds motion stimulation can increase the kinaesthetic ability in medium mentally retarded children in SLB YPLAB Lembang.

*Key Words: Dance Learning, Birds Motion Stimulation, Kinaesthetic Ability, Medium Mentally Retarded Children*